

Dietary Guidelines for Americans

AIM FOR FITNESS

Aim for a healthy weight.
Be physically active each day.

BUILD A HEALTHY BASE

Let the Pyramid guide your food choices.
Choose a variety of grains daily, especially whole grains.
Keep food safe to eat.

CHOOSE SENSIBLY

Choose a diet that is low in saturated fat and
cholesterol and moderate in total fat.
Choose and prepare foods with less salt.
If you drink alcoholic beverages, do so in moderation.

Eating is one of life's greatest pleasures. Since there are many foods and many ways to build a healthy diet and lifestyle, there is lots of room for choice. Use these guidelines to help you find ways to enjoy food while taking action for good health.

This version of the dietary guidelines for Americans is grouped under an ABC scheme—Aim for fitness, Build a healthy base, and Choose sensibly. The guidelines can be used by individuals interested in improving their own health or that of their families. We know that four of the leading causes of death in the United States are linked to diet - heart disease, stroke, cancer and diabetes. These diet-related health conditions cost about \$250 billion annually in medical costs and lost productivity. Thirty percent to 40 percent of deaths due to cancer can be prevented if people will choose a healthful diet and perform physical activity.

Since 1990, the Guidelines have recommended that no more than 30 percent of total calories come from fat and that less than 10 percent of calories come from saturated fat. Healthy weight and physical activity are listed first to emphasize the health risks of overweight and obesity. The increasing prevalence of obesity indicates that

Americans are consuming more calories and/or exercising less than is required to maintain a healthy weight. The newly released guidelines give greater emphasis on fruit and vegetable consumption because these are the only two food groups on the Food Guide Pyramid which are not consumed in sufficient quantities. Also, in recognition of growing concerns about foodborne illness, a new guideline on consumer food safety was added. For more information, log on to www.usda.gov/cnpp

For More Information:

www.eatright.org American Dietetic Association
Consumer Nutrition Hot Line 1(800) 366-1655